
If you have trouble getting the sleep you need, work shifts, or simply cannot seem to find the time for sleep, then "sleep hygiene" is a practice that you need to work on more than others.

- **Go to bed only when sleepy. Try a relaxing bedtime routine (e.g., soaking in a bath).**
- **Establish a good sleep environment with limited distractions (noise, light, temperature).**
- **Avoid foods, beverages, and medications that may contain stimulants.**
- **Avoid alcohol and nicotine before going to sleep.**
- **Consume less or no caffeine.**
- **Exercise regularly, but do so around midday or early afternoon. Over-training or exercising too much is not advisable.**
- **Try behavioural / relaxation techniques to assist with physical and mental relaxation.**
- **Avoid naps in late afternoon and evening.**
- **Avoid heavy meals close to bedtime.**
- **Avoid fluids before going to sleep.**
- **Use the bed only for sleep and intimacy (Do not eat, read or watch TV in bed!).**
- **Establish a regular wake time schedule.**